

Now deep thoughts
...with Conestoga College

At the same time, the increasing awareness of the importance of customer

What makes you smile?



Monday: Kelly Kerkorian co-
founder of the
company that built the



1000

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¹²² <http://www.irs.gov/efile/efilemain.html>.

Andrew Hurrell,
1997 year
reporting youth information
involvement



Source: *Journal of the American Medical Association*, 2000, 283: 1025-1030.

Keywords: *depression, mood, personality, depression, mood, personality*



Table 1

Abstract



1000000

Faculty: [Faculty](#)
 Research: [Research](#)
 News: [News](#)

RESEARCH DESIGN



Smoke's Poutine is here

Year	Number of cases	Percentage of cases
1990	10	10.0
1991	15	15.0
1992	20	20.0
1993	25	25.0
1994	30	30.0
1995	35	35.0
1996	40	40.0
1997	45	45.0
1998	50	50.0
1999	55	55.0
2000	60	60.0
2001	65	65.0
2002	70	70.0
2003	75	75.0
2004	80	80.0
2005	85	85.0
2006	90	90.0
2007	95	95.0
2008	100	100.0
2009	105	105.0
2010	110	110.0
2011	115	115.0
2012	120	120.0
2013	125	125.0
2014	130	130.0
2015	135	135.0
2016	140	140.0
2017	145	145.0
2018	150	150.0
2019	155	155.0
2020	160	160.0
2021	165	165.0
2022	170	170.0
2023	175	175.0
2024	180	180.0
2025	185	185.0
2026	190	190.0
2027	195	195.0
2028	200	200.0
2029	205	205.0
2030	210	210.0
2031	215	215.0
2032	220	220.0
2033	225	225.0
2034	230	230.0
2035	235	235.0
2036	240	240.0
2037	245	245.0
2038	250	250.0
2039	255	255.0
2040	260	260.0
2041	265	265.0
2042	270	270.0
2043	275	275.0
2044	280	280.0
2045	285	285.0
2046	290	290.0
2047	295	295.0
2048	300	300.0
2049	305	305.0
2050	310	310.0
2051	315	315.0
2052	320	320.0
2053	325	325.0
2054	330	330.0
2055	335	335.0
2056	340	340.0
2057	345	345.0
2058	350	350.0
2059	355	355.0
2060	360	360.0
2061	365	365.0
2062	370	370.0
2063	375	375.0
2064	380	380.0
2065	385	385.0
2066	390	390.0
2067	395	395.0
2068	400	400.0
2069	405	405.0
2070	410	410.0
2071	415	415.0
2072	420	420.0
2073	425	425.0
2074	430	430.0
2075	435	435.0
2076	440	440.0
2077	445	445.0
2078	450	450.0
2079	455	455.0
2080	460	460.0
2081	465	465.0
2082	470	470.0
2083	475	475.0
2084	480	480.0
2085	485	485.0
2086	490	490.0
2087	495	495.0
2088	500	500.0
2089	505	505.0
2090	510	510.0
2091	515	515.0
2092	520	520.0
2093	525	525.0
2094	530	530.0
2095	535	535.0
2096	540	540.0
2097	545	545.0
2098	550	550.0
2099	555	555.0
2100		

You can have your choice made and not have to come just too thanks to Conway's College's new web address. — *Shirley D. Brown*

"It's a new concept, positive in a huge, word right now and Jennifer Bricker food service director. People are loving it all over the place. It's something that is fun and happy, it is a chance to send staff that is really vibrant."

Smokers was founded in 2004 in Toronto. It was one of the first exclusive gay-friendly restaurants. There are over 50 locations as well as five bars. That alone has since

1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 2156, 2157, 2158, 2159, 2160, 2161, 2162, 2163, 2164, 2165, 2166, 2167, 2168, 2169, 2170, 2171, 2172, 2173, 2174, 2175, 2176, 2177, 2178, 2179, 2180, 2181, 2182, 2183, 2184, 2185, 2186, 2187, 2188, 2189, 2190, 2191, 2192, 2193, 2194, 2195, 2196, 2197, 2198, 2199, 2200, 2201, 2202, 2203, 2204, 2205, 2206, 2207, 2208, 2209, 2210, 2211, 2212, 2213, 2214, 2215, 2216, 2217, 2218, 2219, 2220, 2221, 2222, 2223, 2224, 2225, 2226, 2227, 2228, 2229, 2230, 2231, 2232, 2233, 2234, 2235, 2236, 2237, 2238, 2239, 2240, 2241, 2242, 2243, 2244, 2245, 2246, 2247, 2248, 2249, 2250, 2251, 2252, 2253, 2254, 2255, 2256, 2257, 2258, 2259, 2260, 2261, 2262, 2263, 2264, 2265, 2266, 2267, 2268, 2269, 2270, 2271, 2272, 2273, 2274, 2275, 2276, 2277, 2278, 2279, 2280, 2281, 2282, 2283, 2284, 2285, 2286, 2287, 2288, 2289, 2290, 2291, 2292, 2293, 2294, 2295, 2296, 2297, 2298, 2299, 2300, 2301, 2302, 2303, 2304, 2305, 2306, 2307, 2308, 2309, 2310, 2311, 2312, 2313, 2314, 2315, 2316, 2317, 2318, 2319, 2320, 2321, 2322, 2323, 2324, 2325, 2326, 2327, 2328, 2329, 2330, 2331, 2332, 2333, 2334, 2335, 2336, 2337, 2338, 2339, 2340, 2341, 2342, 2343, 2344, 2345, 2346, 2347, 2348, 2349, 2350, 2351, 2352, 2353, 2354, 2355, 2356, 2357, 2358, 2359, 2360, 2361, 2362, 2363, 2364, 2365, 2366, 2367, 2368, 2369, 2370, 2371, 2372, 2373, 2374, 2375, 2376, 2377, 2378, 2379, 2380, 2381, 2382, 2383, 2384, 2385, 2386, 2387, 2388, 2389, 2390, 2391, 2392, 2393, 2394, 2395, 2396, 2397, 2398, 2399, 2400, 2401, 2402, 2403, 2404, 2405, 2406, 2407, 2408, 2409, 2410, 2411, 2412, 2413, 2414, 2415, 2416, 2417, 2418, 2419, 2420, 2421, 2422, 2423, 2424, 2425, 2426, 2427, 2428, 2429, 2430, 2431, 2432, 2433, 2434, 2435, 2436, 2437, 2438, 2439, 2440, 2441, 2442, 2443, 2444, 2445, 2446, 2447, 2448, 2449, 2450, 2451, 2452, 2453, 2454, 2455, 2456, 2457, 2458, 2459, 2460, 2461, 2462, 2463, 2464, 2465, 2466, 2467, 2468, 2469, 2470, 2471, 2472, 2473, 2474, 2475, 2476, 2477, 2478, 2479, 2480, 2481, 2482, 2483, 2484, 2485, 2486, 2487, 2488, 2489, 2490, 2491, 2492, 2493, 2494, 2495, 2496, 2497, 2498, 2499, 2500, 2501, 2502, 2503, 2504, 2505, 2506, 2507, 2508, 2509, 2510, 2511, 2512, 2513, 2514, 2515, 2516, 2517, 2518, 2519, 2520, 2521, 2522, 2523, 2524, 2525, 2526, 2527, 2528, 2529, 2530, 2531, 2532, 2533, 2534, 2535, 2536, 2537, 2538, 2539, 2540, 2541, 2542, 2543, 2544, 2545, 2546, 2547, 2548, 2549, 2550, 2551, 2552, 2553, 2554, 2555, 2556, 2557, 2558, 2559, 2560, 2561, 2562, 2563, 2564, 2565, 2566, 2567, 2568, 2569, 2570, 2571, 2572, 2573, 2574, 2575, 2576, 2577, 2578, 2579, 2580, 2581, 2582, 2583, 2584, 2585, 2586, 2587, 2588, 2589, 2590, 2591, 2592, 2593, 2594, 2595, 2596, 2597, 2598, 2599, 2600, 2601, 2602, 2603, 2604, 2605, 2606, 2607, 2608, 2609, 2610, 2611, 2612, 2613, 2614, 2615, 2616, 2617, 2618, 2619, 2620, 2621, 2622, 2623, 2624, 2625, 2626, 2627, 2628, 2629, 2630, 2631, 2632, 2633, 2634, 2635, 2636, 2637, 2638, 2639, 2640, 2641, 2642, 2643, 2644, 2645, 2646, 2647, 2648, 2649, 2650, 2651, 2652, 2653, 2654, 2655, 2656, 2657, 2658, 2659, 2660, 2661, 2662, 2663, 2664, 2665, 2666, 2667, 2668, 2669, 2670, 2671, 2672, 2673, 2674, 2675, 2676, 2677, 2678, 2679, 2680, 26

"It's more popular. We're doing the hard track here a few times but your job is to test it out and it was something that was well received and faster. That was another reason why we decided to bring it to the masses like a hard cut by which is totally different than a frequency which is what we had. People like the fact that it's a change over."

Brooklyn's *Post-American* has a message, which has a personality all of its own.

"Timothy Herman thought the typical life as a kid off a ranch, stuck in the 40s. He loves his life. One day, but he loves his ranch more."

and Monica Kingley super
star. "He's an outstanding
man here, he's got his love of
music."

The new business has been going through a lot of growth. Although they don't make all the kinds of guitars that the other makers have they still have a lot of variety including traditional shapes and better soundings.

"We get 50-pound bags of flour. We probably go through 20 of those bags every day and probably four 10-pound bags of yeast," said Knapley. "It's a constant and constant."

The industry is under the same rules as the rest of the food food as well.

RECRUITING STUDENT LIFE LEADERS!

Volunteer by planning and hosting events, building community, and taking action. [Have an idea? We'll make it happen.](#) [Allison K. Brown](#) is a social entrepreneur and author.



Events include: Cat Involved Fair, Human Library, Blood Donor Clinic, Smile Exchange, Reading List of Children's Free, Germovaccines, Free Christmas Items



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08/16

New college library a beehive of activity

BY LAYLA SCHWARTZ

When you walk into a library, you expect it to be silent. At Conant's College that is not the case.

The newly renovated space is a beehive of activity with students gathered in groups discussing projects or photographing and printing documents.

The Open Library Resource Center is a vibrant place thanks in part to a major renovation that involved two phases last year. The grand opening took place Dec. 16.

The renovation increased the effectiveness of the space by creating areas that are more conducive to group work, technology use and quiet study and improved the overall aesthetic and traffic flow of the 15,000 square foot.

The renovated library also has other features that appeal to students at the Learning Lab and Quiet Study Room that remains accessible from the hallway any time after the library closes up until 11 p.m. Each room and area offers space for charging mobile devices and outlets to connect laptops.

One of the library is closed for the evening, students can still have a safe place to study and work. And Rachel Caldwell, the manager of client services and open space. If you need to get together

with a group, you can book a meeting room. The library has four study tables, each equipped with an LCD monitor and video to connect devices and for work areas containing tables, chairs and whiteboards. All rooms can be booked in person or online up to a week in advance for a maximum of two hours per group per day.

If you enjoy reading books on your electronic device, you'll be happy to hear the library has nearly tripled its e-book collection. They now have approximately 100,000 e-books which can be accessed by title using their Overdrive service or by searching the full text of each collection individually.

If you want to read a novel or watch a movie that is portable too. Many students don't know that the library has fiction books available as well as new film releases.

And students can now sign out the print magazines and journals.

"If a student wanted to sign out a magazine for example, design, magazine, students were allowed to sign them out," said Todd Wright.

Open shelves of the library Resource Center "Now with the new phase, magazines are added to students to be signed out."

All of this can be done by providing your ORS Card



PHOTO BY LAYLA SCHWARTZ

Students find and keep items in the library at Conant's College in Fall '13.

at the library or by connecting online resources while off campus.

Your library PIN number is now the last four digits of your student or staff ID number, as found on your ORS Card.

One of the most popular new features is the addition of a new photography lab and white printing and scanning documents.

During the grand opening, it was announced that Conant's president John

Tablino was providing a \$10,000 grant to the library to be used to support its technology and resource needs including the new collaborative lounge and learning lab which will be known as the Dr. John Tablino Collaboration Suite.

PARKING APP MAKES PAYING MORE CONVENIENT



PHOTO BY JESSICA POTT

Conant's College has partnered with Middlebury, which allows students to pay for off-campus parking at the school's Open Cambridge Garage and Middlebury's own space via the app on the mobile device. They're called in Fall '13, and it's better than the way before, so they can and many want the app. It also allows and manages parking in a safe. It can be downloaded for free on both iOS and Android or on the Middlebury app store or the App Store or Google Play.

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CREATING ALTERNATIVES

Allergic to the cold

BY JENNA BRADY

For many, life these days is miserable — there isn't a word that isn't typically associated with winter here in Rochester. For my sister, however, they are miserable because it's only hell, starting during the pollen. Christmas trees and drinking from Mount Frostwater are activities that could literally result in her death.

Sharon, Sharon is allergic to the cold. She has told anyone in a room where she is, either in which the door is half open to cool two people.

July and home again on the exposed part of her skin whenever she is subjected to anything under 50° F. Most people with this disorder react to temperatures below 40° F.

Across the country, the human immune system reacts differently to cold weather and even painful reactions.

"On days like today when the sun is really dry and cold, my chest, burns," Sharon said. "I've heard the one to breathe. The smell of my nostrils and my ears swell up."

Whenever there is something in the air like rain or snow, she has to wear a hat and cover her face otherwise she starts her face will become swollen, red and painful. When that just get cold, she says it feels like she's walking on glass.

Sharon, Sharon always has taught her how though, these reactions only began to occur this past summer.

Throughout July, Sharon would complain of swollen and sore throat while she was trying to breathe. She figured it was an allergic reaction, she just wanted some relief.

The really didn't feel like anything was really wrong until she took a trip to Grand Island that same month.

It seemed like any other beach visit, she stayed late at night and relaxing and taking a walk, but after spending just 15 minutes swimming, Sharon noticed patches of red and intense itching on her legs, arms and torso eventually covering most of her body. She said that, they had called a doctor's appointment, thinking it was time to find out what her body was reacting negatively to.

Her family doctor, Rodney Brown, informed her that the cold temperatures of the water had caused the issue. Her swollen face and the patches on her body had been caused by hives and rashes. She discovered her with cold allergies after performing an exercise on her own a last, day by placing an ice cube on her



PHOTO BY JENNA BRADY
Sharon Brown is allergic to the cold. She has told anyone in a room where she is, either in which the door is half open to cool two people.

on the forearm for a couple of minutes. A distinct, red, swollen, welt developed almost immediately.

"I was shocked. I've never had to deal with this before," Sharon said. "I only learned about it back in middle school."

Sharon says Brown reacted her around the office, showing the other staff her welt. She was told to refrain from swimming again, and Sharon somewhat jokingly advised her to consider allergy to a severe allergy.

Her entire life has changed drastically since she was diagnosed. Even the simplest of daily activities can be problematic for her.

"When I'm cooking, brown chicken burns my hands," she said. "I can't use cooking hot media or show nearly pain because mouthed makes my hands think I'm cold. I always have to ask for an I can't wear any neckties that are made of wool. In every one of my life, something is coming up from it."

There are five times of the disorder: essential (inherently acquired) and familial (passed down). Sharon has essential and sometimes, she has begun to develop at the age of 20. "No one else in our family suffers from this allergy. It is currently unknown as to how a person develops cold allergies, especially out of the blue."

According to allergy and asthma specialists at the Mount Sinai Medical Center, allergy will remain anywhere from 10 years to the rest of her life. She has to carry two EpiPens with her at all times.

Except for one family and Sharon, there are people who have physically seen her face and realize that people don't usually look like her. Sharon often gets questions that the comparison or people misunderstood the disorder entirely.

"In the summer when the temperature went down a bit, she said my nose got a rash."



PHOTO BY JENNA BRADY
Sharon Brown has to be cautious when using the house. Temperatures below 50° F can cause her to, hives, hives to form on her skin and even cause, difficulty breathing.

she said. "My throat was like, Am I going to cough this? They just don't understand."

"I started a new job and they put me in a hotel where I had to work a few hours to get to the workplace. But, I said no. That, I needed to be put in the hotel right, across the street. When I explained why they were like, 'Are you going to be taking sick days?' It's embarrassing. I feel like I need to be very high maintenance."

According to cardiologists, any, with such proximity there is a 50 per cent chance that a person with cold allergies will transmit the disease to their offspring.

As someone who has grown to have children for a few years now, Sharon may have a child suffer the same way she does.

Through her family and I, she's already related to her situation, we try to help her where we can. For Christmas this year, she received multiple scarves and thick wool socks to help keep her warm. The team keeps a close eye on her to ensure that avoiding these and exposures she can't avoid.

I have to do so many things differently. Sharon is sad. And there are so many things I love that I can't do anymore. Swimming, everything, camping, hiking. It really really sucks.

NO PAIN NO GAIN



PHOTO BY JENNA BRADY
On the left, Jenna Brady and Rodney Brown, both first-year nursing students, work the treadmill in the gym during a 10-week study. Feb. 7. They're after to get some idea about what's going on in the gym. While the two are in the gym, they're under observation, many options are not open to students to help with the study. Sharon and Jenna are

Leadership students are on a mission

BY JESSICA POPE

Guatemala is a highly populated country in Central America, with approximately 16.4 people per square kilometre. With this dense population, non-living and working conditions can take a huge toll. Many people from all over the world travel to places like Guatemala to lend their help in an effort to improve the standard of living there.

Global Service Leadership is a component of the GSE Leadership Program. Fourteen students will be participating in the group's third annual mission trip on Feb. 18, this time to Antigua, Guatemala. A few of them took part in the 10th Annual GSE trip to Costa Rica last year.

Kevin Hovde, giving a second-year global leadership student, looks forward to leading with fellow Conestoga students while making a difference in the lives of the impoverished on his third trip.

"I love working through Guatemala, because it's a great way to meet new people and situations. Through going to developing countries I have gained knowledge about these countries and I can be a part of the change, which is a great feeling," he said.

According to worldwide survey approximately 75 per cent of the population in Antigua, Guatemala is estimated to live below the poverty

line. The students will be taking part in several construction projects in an effort to provide some relief to those in need.

The trip costs \$2,500 per student, which Hovde says is partially subsidised by corporate sponsors. The group is planning and has already held several fundraisers on and off campus leading up to their departure which will help offset the cost.

During time in other people's countries is one of the greatest things you can do. Helping a fellow human made from new bonds and relations alone can make you feel so good said, Bruce O'Brien, a third-year energy systems engineering technical support student.

O'Brien also travelled to Costa Rica with GSE last year and urges other students to go on mission trips as well.

"If you are able, I would say try and go. Don't let a fear of travel or the cost of the trip scare you off. It even in the deepest parts of your heart you think you would want to go there you should try," he said.

Learn More: the trips co-ordinator has set up a Facebook event, please which can be found at: www.facebook.com/ConestogaGSE2016/ or conestoga.ca/GSE2016/. The website allows the public to donate money to help fund a travel or food on one of their next trip abroad.



Photo by Justin Hovde

A group of students on the shoulders of a young boy, smiling and laughing. The students are wearing yellow shirts with 'RICA' on them. The boy is also smiling and looking at the camera.

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CONESTOGA

COLLEGE

How to get over the winter blues

BY JESSICA HANCOCK

With winter weather finally here, some students are finding it difficult to get motivated for the new term.

After a few weeks of classes and assignments even the most excited and motivated students may start to lose focus and enthusiasm.

The motivation and the energy that you had in September lasts a little longer than in the winter and Lynn Robison, White's academic counselor at the school.

The winter months can bring people down, because of a number of things like driving in bad conditions, staying indoors instead of going out to the gym and doing heavy homework loads.

"I find in the winter I don't want to do as much and I'm a student. I'm trying to go to the gym to keep my energy levels up."

To get through the winter

Robison there are a few ways to stay motivated. One thing to do is to try and stay active and go to the gym because it gives you that endorphin rush that gives you a mental boost. A way to get motivated and go to the gym is to find a friend to go with and motivate each other.

While it is good to get organized right away and follow your term and develop some good habits of getting enough sleep, exercise and eating healthy foods.

It is hard getting back on track in setting up a schedule and creating goals with help students can find into a routine. It is also helpful to tap into the school resources and support for any additional help whether it be for graduating students looking for jobs when they graduate or if a student simply wants to speak with a counselor.

If seeking help visit the Counseling Services office in the LAIR or call them at 802-448-8255 ext. 3366.



PHOTO BY JESSICA HANCOCK

After winter break, some students feel less motivated and require an adjustment when they get back to school. Students can get in touch with the various support services at the college regarding any concerns they have.

ICED CARS LEAVE DRIVERS FRUSTRATED



PHOTO BY JESSICA HANCOCK

The terrible weather last week left drivers at a bad mood because they had to deal with not only big snow, but a thick layer of ice on their vehicles. The car had more than a two-inch layer of ice. Old men winter continues to hit the road on the region this week, with today's temperatures being below average. The expected high will be 40°F, but with the wind chill it will drop to 34°F. There will be scattered flurries throughout the day. The good news is we will see sunshine later this week.



mindfulness GROUP

Are you...

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- Interested in learning strategies around mindfulness and meditation?
- Wanting to learn strategies for relaxation, focus, and stress management?

Mindfulness Group is a psychoeducational support group open to all students at Cornerstone College. The group will run for

8 weeks from the week of Thursday, January 28 until Thursday, March 24 @ 4:00 – 5:00 P.M. (no group during study week on Feb. 28, 2016)

Registration deadline is Friday, January 22nd, 2016.

To Register:

- Email cornerstonemindfulness@cornerstone.cc or in person at Counseling Services in Room 1A181.
- Please provide your contact information (name, program, copy of your schedule, phone and email)

A group facilitator will contact you prior to the group to confirm registration and group location.

Group Facilitators: Sherrisa Bernard, M.S.W., R.S.W. and Leslie Lundquist, M.S.W., R.S.W.

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A group of students take a break

from a mindfulness session at Conestoga College. In joining a mindfulness support group, the students help their managers stress and feel more present starting on Jan. 28.

Mindfulness matters

BY JORDAN RAY GORDON

The Mindfulness Group is being run again for its fifth semester as part of an effort to help students manage stress and flourish in high-stress environments. The group is offered by Counseling Services and led by Sharron Howard, a counsellor and Linda MacIntyre, a community services faculty.

The goal of the Mindfulness Group is to help teach students mindfulness techniques and theories. To give you, students an opportunity to practice mindfulness techniques in the group and also for students to be able to support one another. It is a combination of an educational skills-building group and a support group.

Some of the skills covered by the group include various forms of meditation from walking and breathers meditation to focusing meditation. The group follows the protocols set by the University of Massachusetts mindfulness-based stress reduction program.

According to Howard, past participants of the mindfulness program attribute the ability to manage stress in a positive way, helping students to feel more present, and to help enhance mental well-being.

"By learning about this, people will learn that mindfulness is a practice of being able to pay attention to the moment as well as being able to self-regulate your body. It's very common of me feel very stressed or anxious that we can feel connected to how the anxiety impacts in our body but through techniques help people to feel more present and focused."

"To manage stress, I take deep breathing breaks and Tyler Cox is our new peer educator, he's not a student."

try more and more to be less mindful. I try to think positive and would not only think of my students that occur from being stressed out.

During the first meeting, students introduce themselves and are taught about mindfulness. Students practice their tools again they're learned and then talk about how it has affected them. During forward students are asked to provide updates on their progress and the outcomes they've made with these techniques.

"I think we talk about how all of us experience stress and that there's good stress and bad stress. I think it's normal that when people are studying when they're in a place of transition or balancing school and other responsibilities outside of school. I think it's a natural that stress is part of a student's life and what we can do is provide support to students."

The students for the semester in Friday Jan. 23. Interested students can register by emailing Counseling Services at counselingservices@conestoga.ca or the person at the reception desk on the 1A102. The first eight-week group will begin meeting on Thursday Jan. 28 at 4pm, and will meet each week after that.

Students of the Mindfulness Group there are other great ways to manage stress as a student.

"The best way to manage stress is to be balanced in how a good time management system," said Howard. "Take care of yourself in terms of exercise. Students can access the gym centre. Exercise is one of the best ways to manage stress. It's also important to ask for help and to sleep adequately. We have lots of resources on campus to help students manage stress."

Students raise \$11,000 for United Way

BY JIM SUPPES

Last semester, 25 teams of Glenridge students from the management, purchasing and supply chain programs raised over \$11,000 for United Way Northern Waterside & Area (UWNA) as part of their project management course. This semester brings the fundraising total for the project management students in the schools of Business and Media & Design up to \$60,000 since 2010.

"It's a great way for students to learn by doing. If you stop at planning, nothing comes possible. It's in the execution and the reality of your plan becomes apparent," said Doug Barrett, the head of the project management course.

Barrett's decision to use fundraising as a method of teaching project management was twofold. Partly he needed a project that everyone could participate in from a general business background, secondly there was the added benefit of raising money and doing good for the community.

According to Glenridge's website, the project management course aims to provide students with the knowledge and skills to manage projects from inception to completion. The fundraising project involved months of planning and required the

teams to apply what they had learned from the program.

"They have to develop it from the ground up. They have to come up with the concept, they have to plan it and they have to execute it," said Barrett.

The project was certainly no one-child for the students.

"It was extremely challenging," said Justin Beckman, a second-year business administration management student. "We had to apply theoretical content into our real life work almost immediately — there was a very steep learning curve."

Beckman was one of a group of four students who planned an event called Slide 4 Slide, the event which was hosted at the Waterside Inn and involved a professional auctioneer raffling off 50 gift baskets donated by local businesses, raising a whopping \$1,500.

"I knew about having Slide 4 Slide to raise money for charity," said Beckman. "The best part of all was getting to work with UWNA and being able to raise money to actually benefit our community."

Another event, Panache Dinner, was held at New Barnyard and raised \$1000 through a panache for children, silent auction and children's



Photo courtesy

Glenridge students deliver students in the morning on the supply chain and purchasing team and raise held up a check for \$11,000 they put in projects for a day's charity fundraiser and for a day's charity fundraiser. The fundraising team completed a day of 20 student teams as part of their project management course.

activities.

The proceeds of the events all went to United Way NW & Area. The auction was the largest fundraiser of recent years, programs outside of the government and all funds raised are awarded back into the Northern Waterside area to help maintain community programs, services and infrastructure.

"UWNA was always supportive and helpful throughout the planning process and it was a pleasure to work with them," said Beckman.

In the past, students were allowed to choose the charity they wanted the money from these events to go to. According to Barrett, advantages of that include giving up the students to really support something they believed in. However, he feels that one huge benefit of money is a specific charity can be more impactful and better able to directly understand why with United Way to see how Glenridge students can support their 2010 campaign.



Photo courtesy of Barrett

Doug Barrett, the head of the project management course, shows off a \$11,000 check for the Glenridge students.

Napping can be a powerful tool

BY STEPHEN BERRY

This is the final part of a three-part series on sleep. The first covers the benefits and pitfalls of naps, the different kinds of naps and how to effectively nap.

Wouldn't being fatigued make it harder for your teammates to finish a project? Wouldn't it be better if you were more alert and productive? The answer is yes — but only if you nap correctly.

There's been much research conducted to work from eight to the morning until midnight without the fatigue and exhaustion of a normal 24-hour day. It's only after 30 minutes of sleep is sufficient to remove all the fatigue from the previous day.

Naps can be extremely powerful tools with important benefits, especially in our sleep-deprived society. They can improve decision-making, working memory and creativity and protect us from errors. Unfortunately naps are often seen as a sign of laziness or

and unemployed in our work culture. Fortunately, that's slowly changing. Some companies such as Google now require their employees to take naps and plan to take naps.

A 2006 NASA study done on pilots and astronauts found that a 40-minute nap improved work performance by 34 per cent and reduced by 100 per cent. Naps were also shown to improve working memory, which is the ability to focus one's attention on a task while holding other tasks in memory.

The optimal nap should be 30 per cent and should be between 1 and 3 p.m. Any later in the day and it may affect your regular sleep patterns. Ideally, naps should be approximately one-half sleep cycle. Shorter naps should last 20-40 minutes. Sleeping for three minutes or less causes you to wake up in a lighter sleep stage. Being woken up in a deeper sleep leads to sleep inertia which leads you to feel more tired and groggy than when you went to sleep. A lack of planning proper naps



Photo courtesy of NASA

can be as bad as the fatigue that makes you want to nap.

"I nap consistently when I get home from school around four and a half hours. I nap for a first-year general arts and sciences health option student at Glenridge College. I usually nap for an hour and it usually makes me sleep better after."

"I don't nap," said Whitaker. Being a second-year science and mathematics student at Glenridge College, "Usually by the time I get home at

around 11:30, I usually feel pretty good and don't need to nap."

Different types of naps can be more effective for different purposes. Larger naps can be extremely effective both the long-term memory as well as paying more of the representative benefits of longer periods of sleep. Deeper REM sleep is when information is stored in the long-term memory.

Shorter naps can be extremely effective for improving attention. A Loughborough University study which looked at students at Glenridge found that the caffeine nap was the most effective method of improving attention. The caffeine consists of consuming caffeine and immediately napping for 15-20 minutes. The caffeine does not kick in until after waking up, giving the napper the benefits of both.

Most animals are polyphasic sleepers which means that instead of sleeping in one long chunk, they sleep in broken up into multiple shorter periods throughout the day and night. It is unclear whether humans are naturally polyphasic

or monophasic. In fact, according to Matthew J. Walker, associate professor of neurobiology at the University of California, Berkeley, and author of the book *The Sleeping Man*, sleep Monophasic and Monophasic American. Life appears to have been highest sleep up until the Industrial Revolution. Before that time, people primarily slept for a period of 4-6 hours throughout the night and had an hour and a half to two-hour nap during the day. There were also very few documented cases of sleep disorders such as insomnia. That changed after the Industrial Revolution. Employees didn't want their employers to stop working to take naps so the evolution of sleep changed so that people were forced to sleep in one long stretch throughout the night.

With the introduction of sleep disorders in the modern world and further studies into the process of sleep, naps are becoming more acceptable. With proper planning they can be effective tools, instead of just a way to pass a boring afternoon.

A royal road to success

Local band set to go on a national tour to promote their upcoming album

BY CHRIS HENRY

It was a warm December evening in Waterloo and the Royal Streets were going through another typical rehearsal. At least that's what they would tell you. But the Royal Streets are not doing that again.

The Waterloo-based band was going through their set list prior to their show at the Sunshine Theatre, Okla in Upper Waterloo. The band's rehearsal space is an expansive warehouse located at 536 Dalry Dr. and while on its one night stands he has gotten lost as rehearsal rehearsal rehearsal. The band practices at that #1 and working in the back entrance it resembles more of a workshop than space for a band that appears to be on the plane would have heard the rehearsal being at the dinner and the social business long before arriving.

Returning to their back stage in a small room that sharply contrasts the wood working materials and walls, they arrive on scene. There are Christmas lights up on the back wall. And on the right, there are many posters highlighting many bands and describing various tour dates. There is just enough room to fit the members of the band, including their amplifiers and various instruments.

The band members are quite hands-on with one another and that is clear to see as the way that they laugh and talk amongst one another. The Royal Streets started one and a half years after group members left high school and went their separate ways. Alexander Prokel, lead singer and guitarist, reconnected with Mike Denney, guitarist, and the two of them found that they had some chemistry.

"We kind of realized we had something that clicked and we said, 'Alright, let's see what we can do with this,'" said Prokel.

From there everything just seemed to fall into place and not long after the band was comprised of six members.

The band released its debut album on March 5, 2014 and toured across the country, performing, perhaps most notably at the Ontario

Festival in Montreal and the Jasper, Pa. Festival. They followed that up with a three-song EP entitled *Dirty Waters* and are prepared to return to touring flow with the two releases under their belt. The Royal Streets are looking to release their third album in the next few months. Their biggest single has been the song *Like a Dream*, which has earned 50,150 hits on YouTube alone.

Part of the reason for their success may be attributed to their unique dynamic and sound. The first step is to describe their sound as little as this rock, but that simply does not do the band justice. The band is driven by a desire to maintain and become particularly between Prokel and Julian Denney who is also a vocalist in the band. Denney and Alex Denney are the other two partners with Denney occasionally taking over duties on bass line. Denney plays drums and John Denney the last member to join the band. His in the north side as boyfriend.

The unique folk sound is only part of what makes the band work as well together as they also have a great deal of cohesion. Denney released it isn't uncommon for the group members to go and laugh with one another. The color that goes even as far as their number has been as far as they are able with the band. The current Denney who is perhaps the quietest member during rehearsal sessions, also serves as a bottle head in an open life. He often breaks into random singing up tips and amazing everyone's laughter and a lot of noise.

"After in the band that's what it's like."

On the other hand, Prokel is the one who leads the group on stage. He often breaks into random singing and clearly did not make within the group. This helps in the Royal Streets' sound. That the group is quick to remember their roots and members keep in mind where they came from.

"We're not in a band for a while," Denney says. "We always put a lot of effort into the support we have in our hometown. We've been here for a half year and it's still going strong. We're in a good place."



PHOTO BY CHRIS HENRY

Royal Streets band members (from left) Alexander Prokel, Julian Denney, Mike Denney, John Denney, and John Denney are shown after their rehearsal in Waterloo on Dec. 5, 2015. The band is set to release their third album later this year.

STUDENT LIFE

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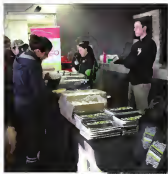
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IT'S A GREAT DAY WHEN YOU GET SOMETHING FOR NOTHING



Marissa Buchan (left) and Alissa Gault (right) are preparing to stock up as part of Conestoga Students Inc.'s free pancake breakfast and free agenda giveaway on Jan. 10, the first day of the winter semester.



The breakfast for the Friday event was long. Students who work more than 20 hours can attend the KPI annual general meeting on Jan. 20. A prize wheel will be provided for all who attend and participate.

KPI

(Key Performance Indicators)

STUDENT SATISFACTION

SURVEY

Your Student Experience is important to us!

This survey is mandated by the Ontario Ministry of Training, Colleges and Universities and is part of Conestoga's accountability to the government. All students who have completed at least one semester at Conestoga will be asked to complete the survey in-class during the survey week. Every student at every college in Ontario will also be participating in this survey.

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